



# Diabetes Care: The ABC's to better health

## Take-Home Instructions for the Patient

	How often?	Ideal level	Your level
<b>A1C</b> <b>measures blood sugar control</b>  Lowering your A1C reduces diabetes complications	Every 3-6 months	Less than 7%	
<b>Blood pressure control</b>  Lowering your blood pressure reduces strokes	Every visit	Less than 140/90	
<b>Cholesterol (LDL) level</b>  Taking statin medications reduces your risk for heart attack and stroke	Every year	Statins are recommended starting at age 40	
<b>Diabetes kidney microalbumin test</b>  Treating early kidney damage may prevent kidney failure	Every year	Less than 30 mg/gm	
<b>Eye exam</b>  Detecting early eye damage may prevent blindness	Every 1-2 years		

<p><b>Foot exam</b></p> <p>Helps prevent amputations</p>	<p>Every year</p>		
<p><b>Goals for self-management</b></p> <p>Setting goals helps you better control your diabetes</p>	<p>Every visit</p>		
<p><b>Heart Protection Medications</b></p> <p>Aspirin can reduce the risk of heart attacks and strokes-ask if it is right for you.</p>			
<p><b>Immunizations</b></p> <p>Influenza (Flu)</p> <p>Pneumonia (Pneumovax)</p> <p>Hepatitis B (Hep B)</p> <p>Immunizations help prevent serious infections</p>	<p>Yearly</p> <p>At least once</p> <p>Series of 3</p>		
<p><b>Just for women</b></p> <p>High glucose levels cause birth defects- Make sure to discuss family planning with your doctor</p>	<p>Every year and as needed</p>		

<p><b>Kidney protection</b></p> <p>Certain blood pressure medications can help protect the kidneys from diabetes- ask your doctor if an ACE or ARB is right for you.</p>			
<p><b>Liver</b></p> <p>Both obesity and high blood sugar can lead to liver problems</p>		<p>Less than 35 units/l</p>	
<p><b>Monitoring- Home glucose testing</b></p> <p>Ask your doctor what's right for you</p>		<p>Varies</p>	
<p><b>No to Smoking</b></p> <p>If you smoke, ask about resources for help with quitting</p>	<p>At every visit</p>	<p>No smoking!</p>	
<p><b>Obesity</b></p> <p>Persistence is the key to weight loss. Keep trying!</p>	<p>At every visit</p>	<p>Body Mass Index or BMI is a measurement of weight that takes into account how tall someone is. It is measured in kg/m<sup>2</sup></p> <p>Underweight = less than 18.5</p> <p><b>Normal weight = between 18.5 and 24.9</b></p> <p>Overweight = between 25 and 29.9</p> <p>Obesity = 30 and above</p>	

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